## Abstract

The invention relates to a method for the production of an optical transmission element comprising at least one optical waveguide and comprising a chamber element surrounding the optical waveguide and enclosing an internal space. A foamed filler composition is applied discontinuously to the optical waveguide and optical waveguide is subsequently supplied extruder, the latter forming a chamber element around filler the optical wavequide. The composition stabilizes within the chamber element formed and, in the final state, forms a plurality of dry compressible filler elements, each surrounding the waveguide. Α dry and readily manipulable optical transmission element is thus present. A discharge of escape of composition and an the waveguides from the transmission element are prevented.